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EXPLORATION 27 VIRTUAL RETREAT— I GOT SOMETHING OUT OF EVERY EXERCISE

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David began his journey with Gateway Voyage in 2009. Then returned in 2020 Beyond Meditation Introduction online course in January 2020. Then signed up for the three week version, the Beyond Meditation online course. The feeling ready signed up for Monroe's 8-week Gateway Experience online course. Feeling intrigued after receiving an email, David enrolled in his first virtual retreat, Monroe's Near-Death Experience(NDE). He continued his consciousness studies with another online course took the Lifting the Veil which qualified him to take the advanced virtual retreat, Exploration 27.

I am one of those who read Josef Simkovic's book, *How To Kiss The Universe*. I read it in December 2019. Having taken the Gateway program many years earlier in 2009, I saw it not only inspirational, but possible for others to *include me* to follow suit.

After reading the book, I signed up for the *Beyond Meditation Introduction* online course (the 2 week course) in January 2020. With the meditations going well, and quickly at that, I then signed up for the three week version, the *Beyond Meditation* online course. From there I felt ready to try a longer course, and signed up for the 8 week *Gateway Experience* online course.

After the course, a couple people from my Gateway group described taking the *Timeline Basics Virtual Retreat*. Their description of how a virtual retreat worked, and in particular how well it worked for them, convinced me that it was time to try virtual retreat.

The *Near-Death Experience (NDE) virtual retreat* was the first one. I had already had an interest in it, just from the description (I had received an email about it). Then I took the *Lifting the Veil* course. During that course, Andrea had described the upcoming *Exploration 27*, so it became the next choice of virtual retreats to take.

During Exploration there were a multitude of improvements. I got something out of every exercise.

My EBT [Energy Bar Tool] changed to a tuning fork with sound for added healing. I saw many more visuals than before, which hasn't been my strength. I experienced seeing many more people and there were much more clear interactions.

I had an awareness for groups/crowds, which I previously had only rarely seen or felt. This gave me a sense of comfort and community.

There was a feeling of indescribable joy as I interacted with many animals, in particular, long gone pets from decades ago.

I created things in my Special Place, and then changed them around later, playing, exploring and making myself at home.

The exercise for planning this Earth life had a stunning level of detail to it. Even more surprising, the one I met with and talked to there (not the ED himself, but with him) was the Head of the Council for when I did a "Life Between Lives" regression of the Michael Newton kind. He answered a long list of questions.

The exercises that involved the I-There were at a new level compared to the NDE Intensive. I got a lot out of exercises 1 & 2 on day 6, where I reviewed a past life, and then did the Realm of Knowledge, seeing many pieces from this and other past lives come together. This was very helpful in gaining a fresh perspective on my experience in this life.

I always got something. I did struggle some on the fifth day when the F34/F35 started with click outs and falling asleep. But it was also the first time I felt things come to me "after" a click out. The "I-There" did this, too, but with many more answers, organization and clarity.

I have never felt that I had it as well put together as I do now. The combination of a LOT of information and a "dreamy" state made making notes important. Trying to simply remember it all doesn't work well. I remember much, much more when I re-read my notes and process this extraordinary experience.